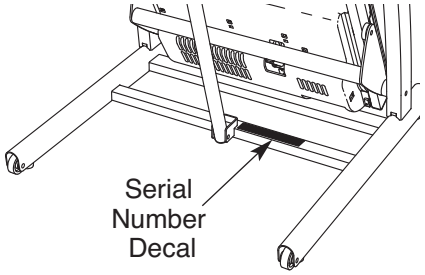
WESLO®
compact XL

Model No. WETL40708.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

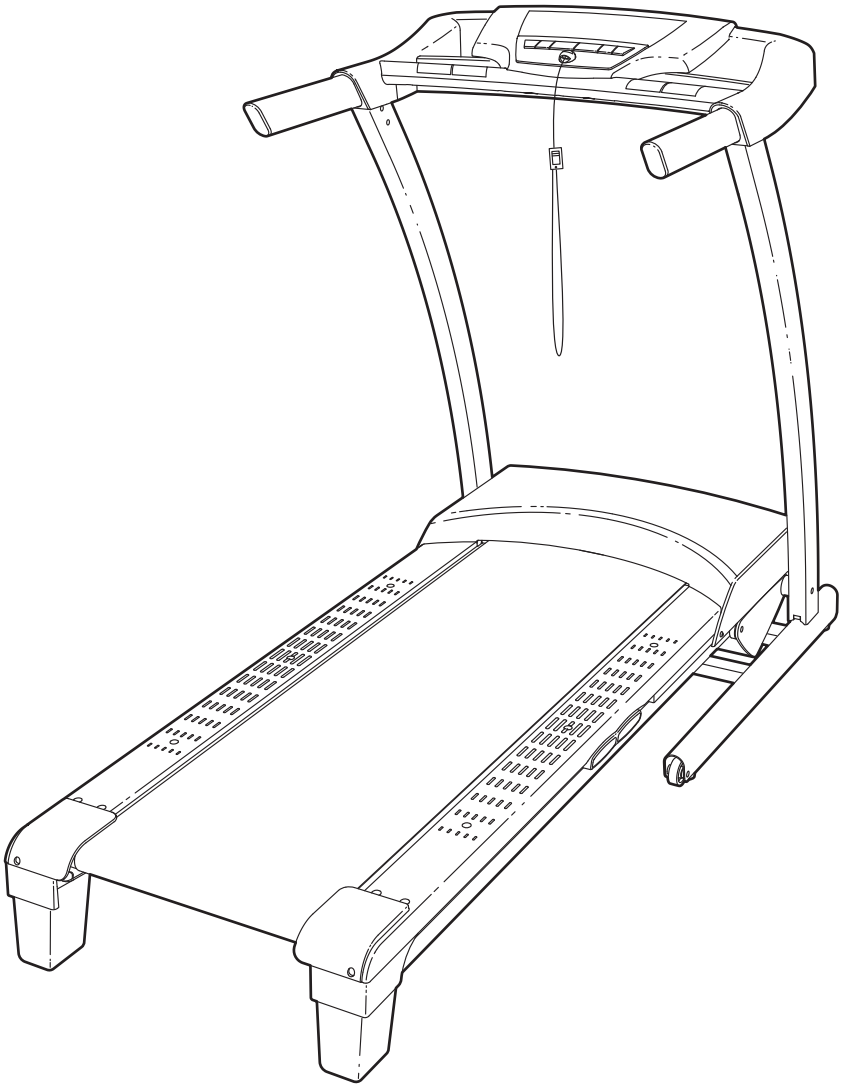
E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG,
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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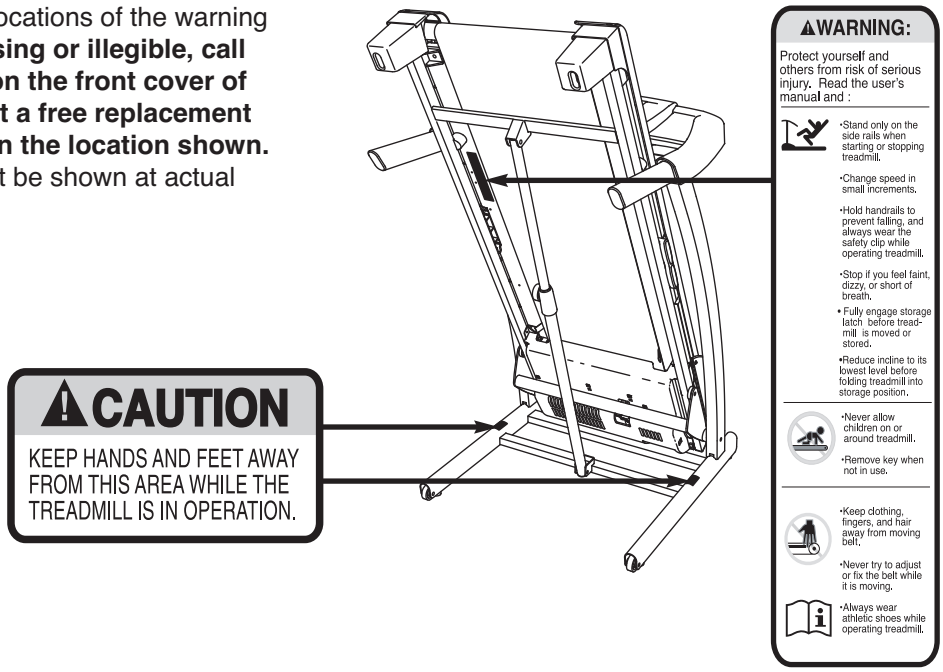
WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



WESLO is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
3. **Use the treadmill only as described in this manual.**
4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
7. **Keep children under age 12 and pets away from the treadmill at all times.**
8. **The treadmill should be used only by persons weighing 265 lbs. (120 kg) or less.**
9. **Never allow more than one person on the treadmill at a time.**
10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***
11. **When connecting the power cord (see page 15), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
12. **If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).**
13. **Keep the power cord away from heated surfaces.**
14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 22 if the treadmill is not working properly.)**
15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 17).**
16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**
17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
18. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)**
19. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 20.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

21. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

22. **Do not change the incline of the treadmill by placing objects under the treadmill.**

23. **Inspect and properly tighten all parts of the treadmill regularly.**

24. **Never drop or insert any object into any opening on the treadmill.**

25. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

26. **This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.**

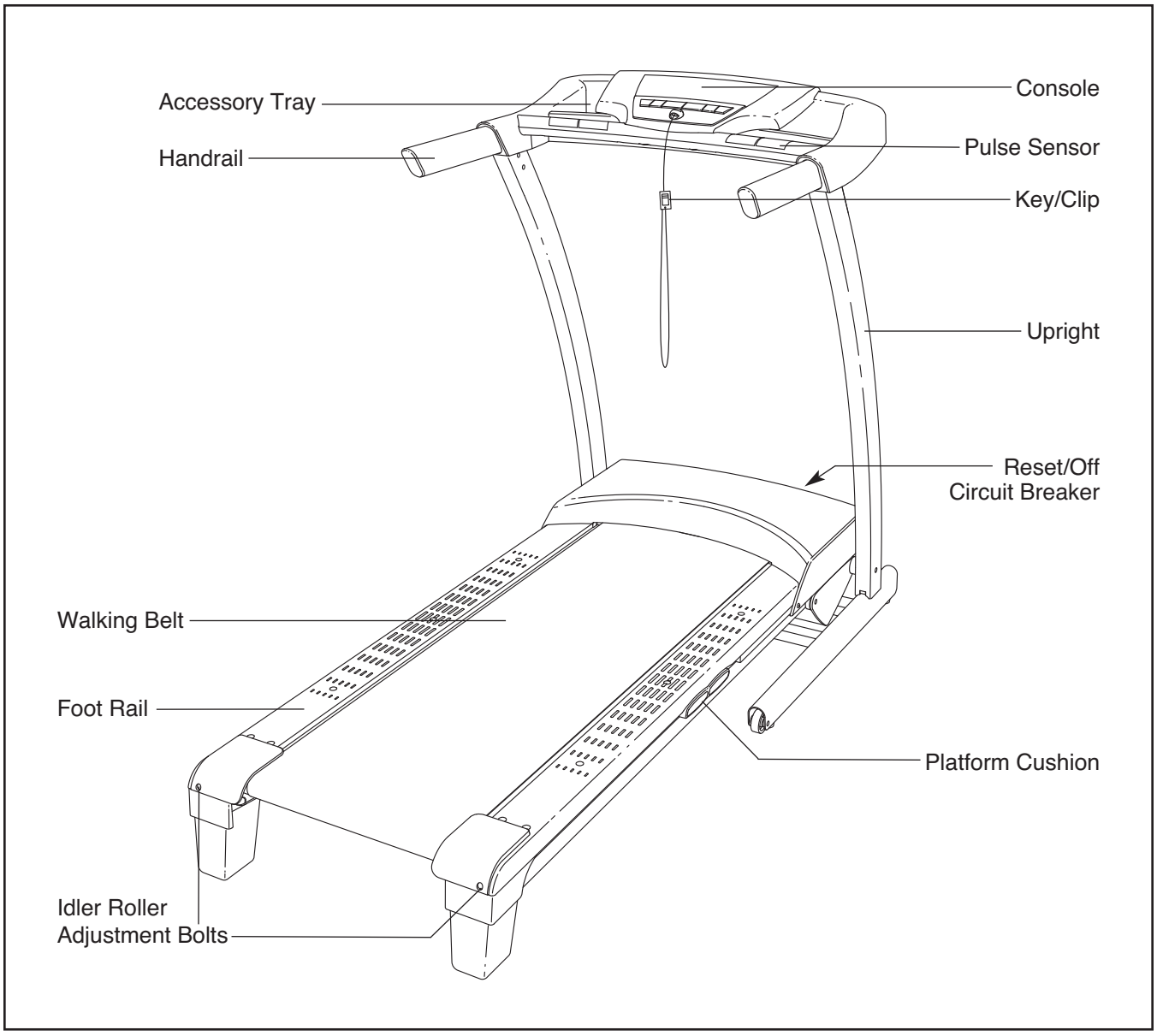
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® COMPACT XL treadmill. The COMPACT XL treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique COMPACT XL treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

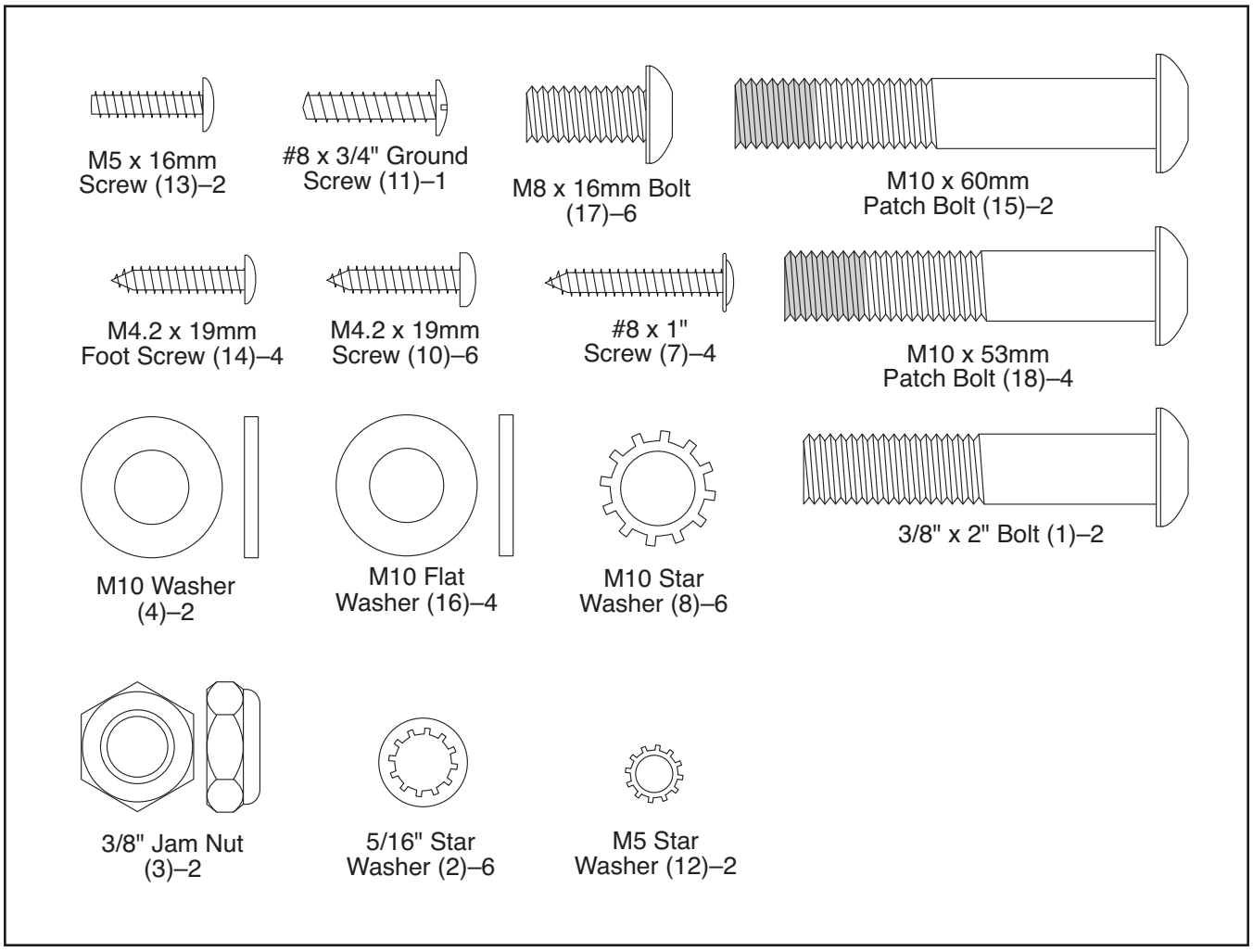


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own Phillips screwdriver , rubber mallet , adjustable wrench , and wire cutters .

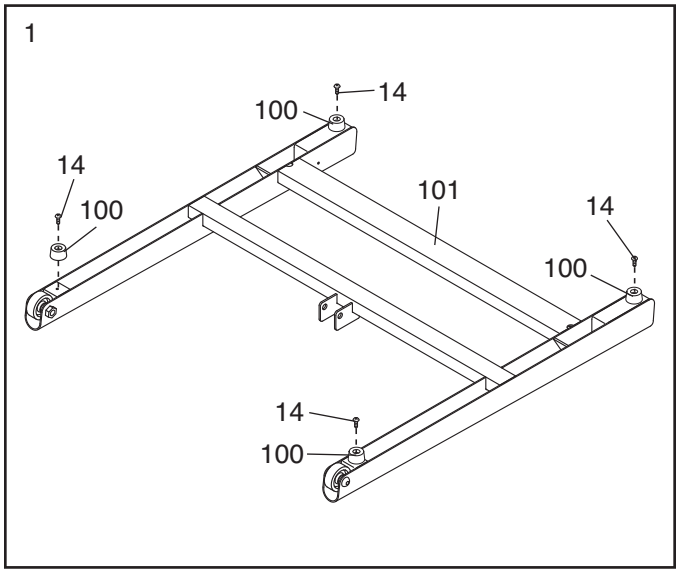
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**



1. **Make sure that the power cord is unplugged.**

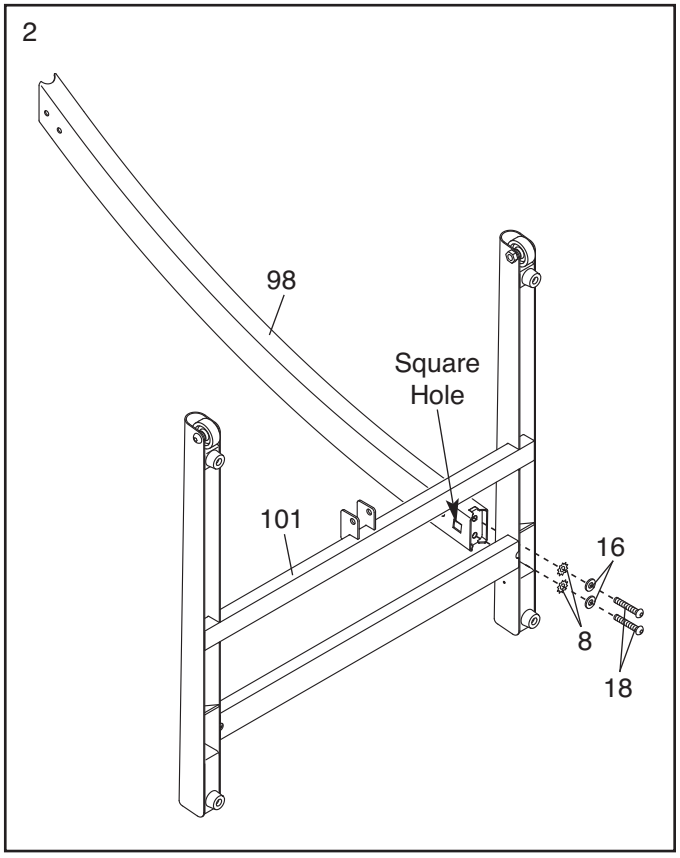
   Orient the Base (101) as shown.

   Attach four Base Feet (100) to the Base (101) in the locations shown with four M4.2 x 19mm Foot Screws (14).

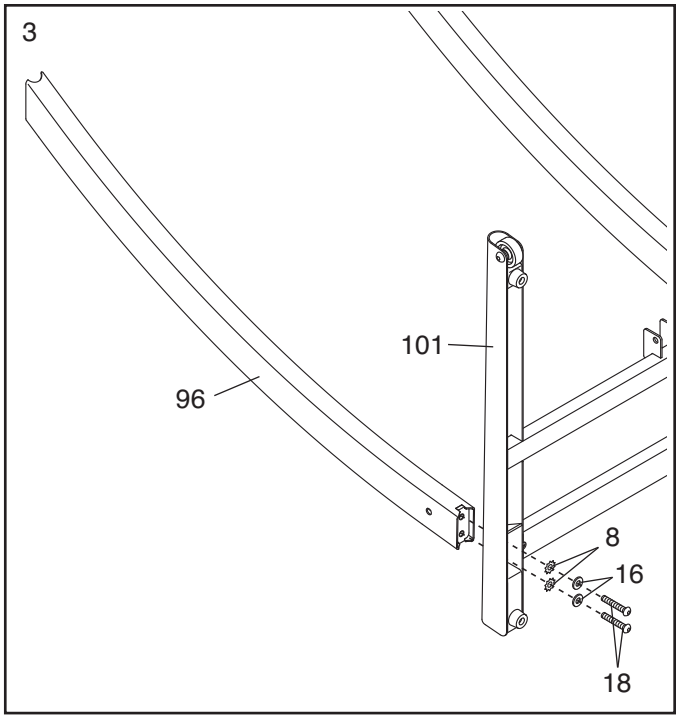


2. Identify the Right Upright (98), which has a square hole in the location shown.

   Orient the Right Upright (98) and the Base (101) as shown. Attach the Right Upright to the Base with two M10 x 53mm Patch Bolts (18), two M10 Flat Washers (16), and two M10 Star Washers (8); **do not fully tighten the Patch Bolts yet.**



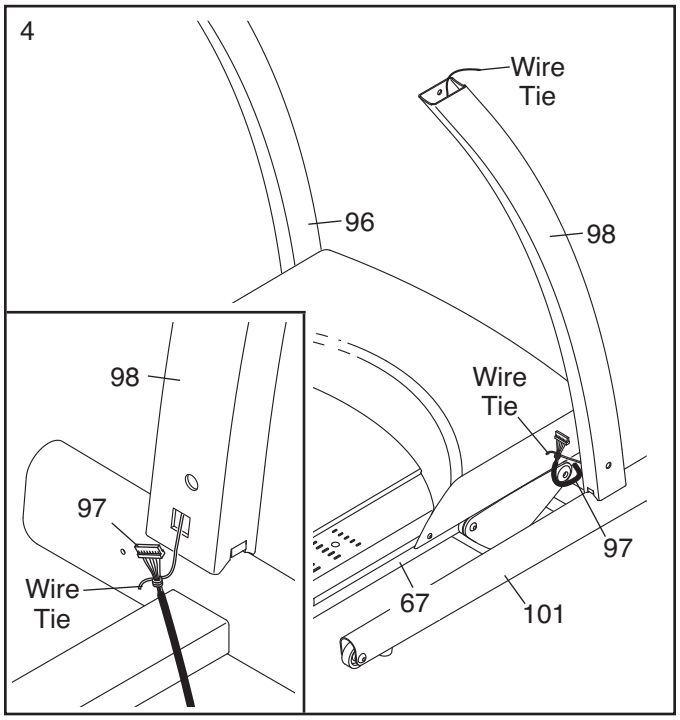
3. Orient the Left Upright (96) and the Base (101) as shown. Attach the Left Upright to the Base with two M10 x 53mm Patch Bolts (18), two M10 Flat Washers (16), and two M10 Star Washers (8); **do not fully tighten the Patch Bolts yet.**



4. **To protect the floor or carpet from damage, place a piece of cardboard underneath both ends of the Frame (67).**

   With the help of a second person, raise the Uprights (96, 98) so the Base (101) is flat on the floor as shown. Next, position the front of the Frame (67) between the Uprights.

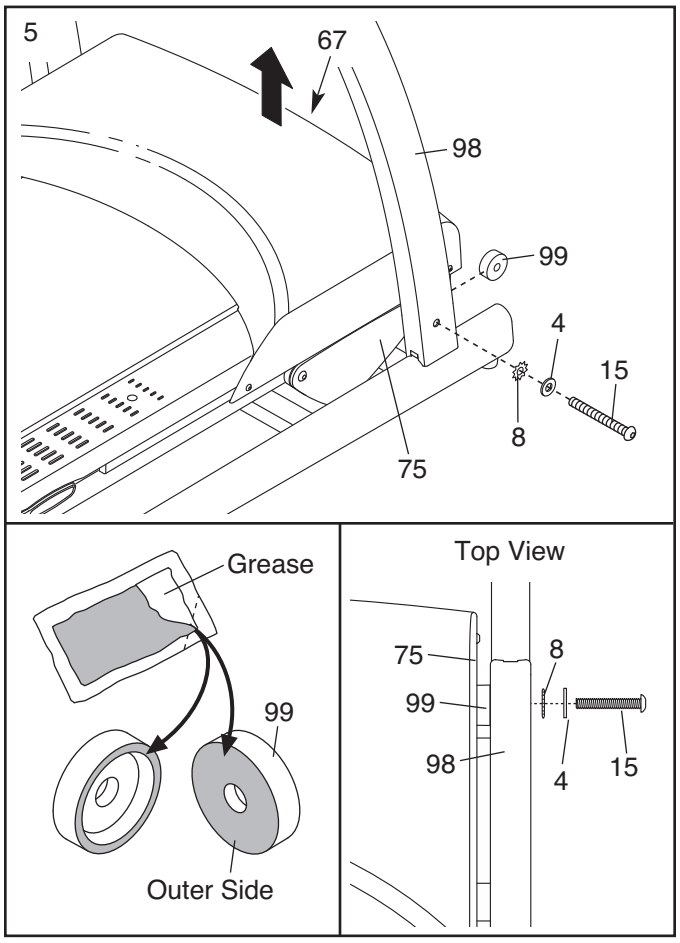
   See the inset drawing. Locate the wire tie inside the lower end of the Right Upright (98). Wrap the wire tie around the end of the Upright Wire (97). Next, locate the opposite end of the wire tie, which is extending from the top of the Right Upright. Pull the wire tie until the Upright Wire is routed completely through the Right Upright.



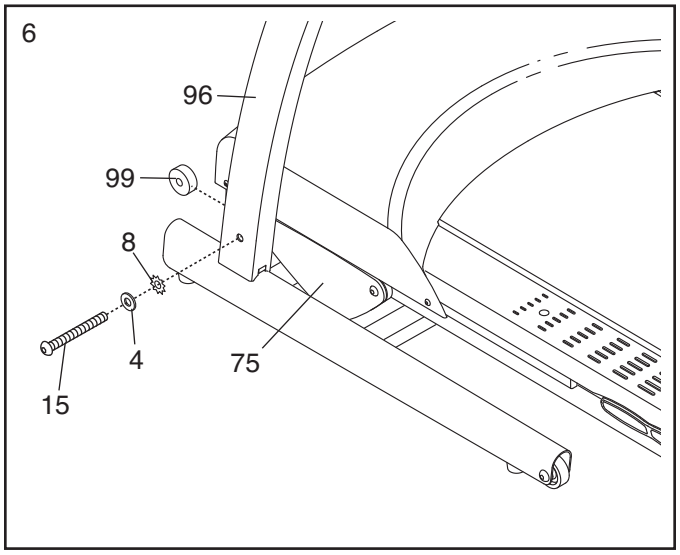
5. **See the left inset drawing.** Identify the two Upright Spacers (99). Open the included packet of grease, and apply grease to both sides of both Upright Spacers. Next, identify the outer side of each Upright Spacer.

   Have a second person raise the Frame (67) and hold it until step 7 is completed.

   Hold an Upright Spacer (99) between the Right Upright (98) and the Lift Frame (75), **with the outer side of the Upright Spacer facing the Right Upright.** Attach the Right Upright to the Lift Frame with an M10 x 60mm Patch Bolt (15), an M10 Washer (4), and an M10 Star Washer (8); **do not fully tighten the Patch Bolt yet.**

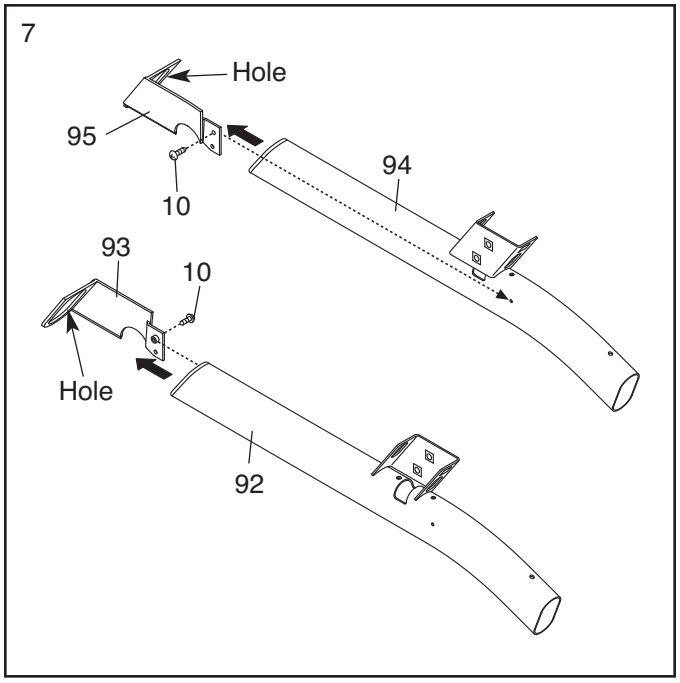


6. Hold the remaining Upright Spacer (99) between the Left Upright (96) and the Lift Frame (75), **with the outer side of the Upright Spacer facing the Left Upright.** Attach the Left Upright to the Lift Frame with an M10 x 60mm Patch Bolt (15), an M10 Washer (4), and an M10 Star Washer (8); **do not tighten the Patch Bolt yet.**

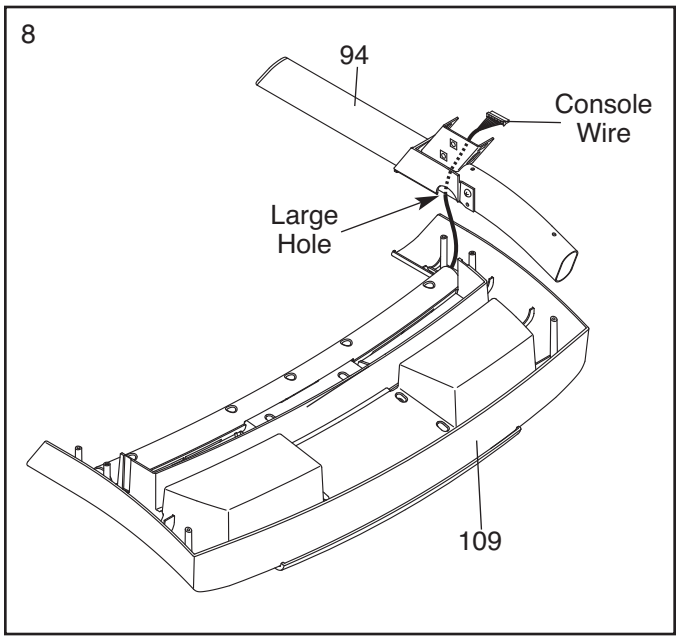


7. Identify the Right Handrail Cover (95) and the Left Handrail Cover (93). Slide the end of the Right Handrail (94) through the hole in the Right Handrail Cover, and slide the end of Left Handrail (92) through the hole in the Left Handrail Cover.

   Attach the Handrail Covers (93, 95) to the Handrails (92, 94) with two M4.2 x 19mm Screws (10) in the location shown.



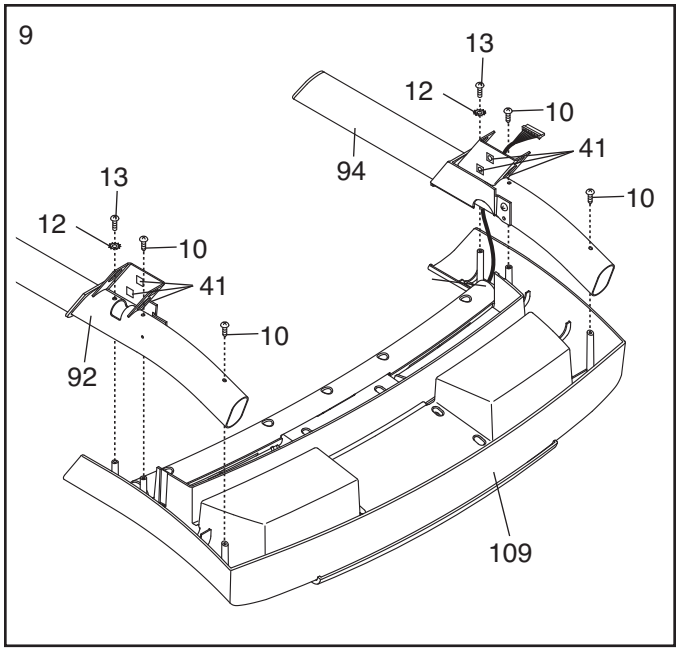
8. Set the Console (109) face down on a soft surface to avoid scratching the Console. Hold the Right Handrail (94) near the Console as shown. Insert the console wire into the large hole on the side of the Right Handrail and out the hole on top as shown.



9. Attach the Right Handrail (94) to the Console (109) with an M5 x 16mm Screw (13), an M5 Star Washer (12), and two M4.2 x 19mm Screws (10). **Make sure that no wires are pinched. Start all three Screws before tightening any of them. Tighten the M5 x 16mm Screw and then tighten the M4.2 x 19mm Screws. Do not overtighten the Screws.**

   Attach the Left Handrail (92) to the other side of the Console (109) in the same way. Note: There are no wires on the left side of the Console.

   Remove the plastic ties from the Right Handrail (94) and the Left Handrail (92). If necessary, press the M8 Cage Nuts (41) into place.

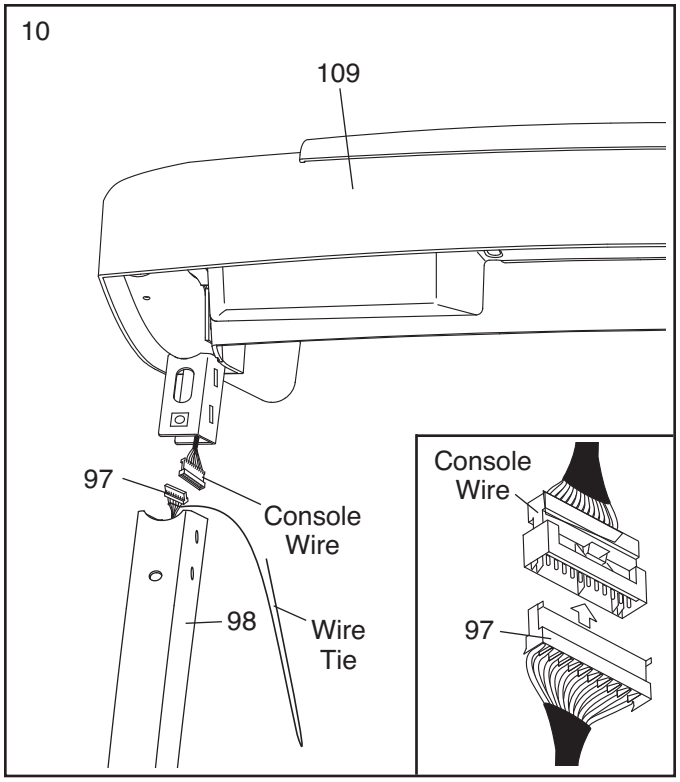


10. Have a second person hold the Console (109) near the Right Upright (98) and the Left Upright (not shown).

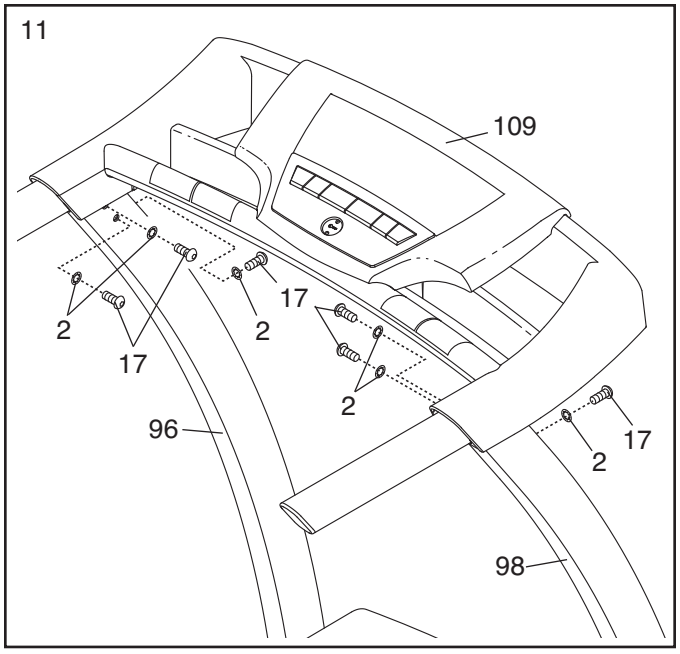
    Connect the Upright Wire (97) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the connectors and excess wire into the Right Upright (98).

    Remove the wire tie from the Upright Wire (97).

    Next, set the Console (109) onto the top of the Right Upright (98) and the Left Upright (not shown). **Make sure that no wires are pinched.**



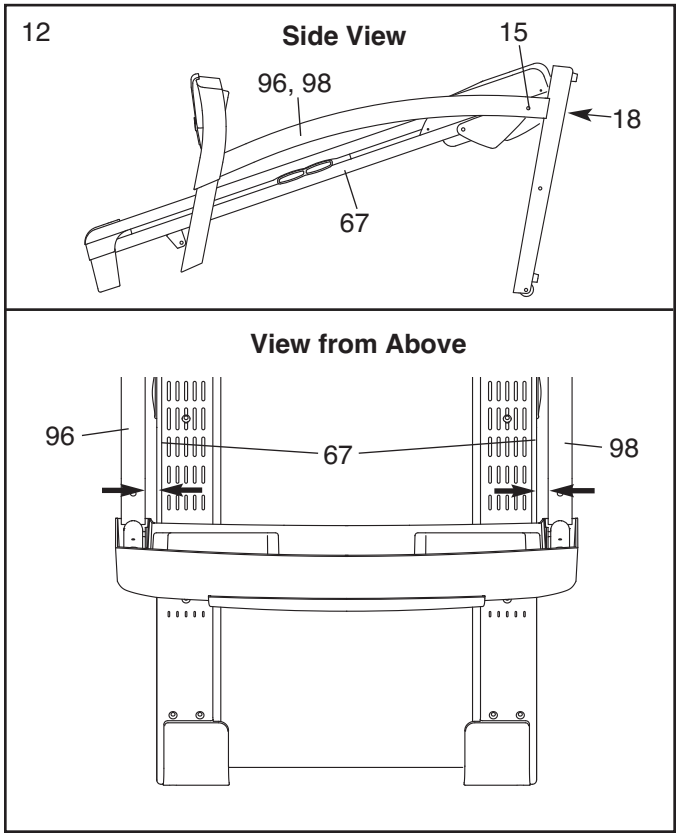
11. Attach the Console (109) to the Uprights (96, 98) with six M8 x 16mm Bolts (17) and six 5/16" Star Washers (2). **Start all six Bolts before tightening them.**



12. With the help of a second person, lower the Uprights (96, 98) as shown.

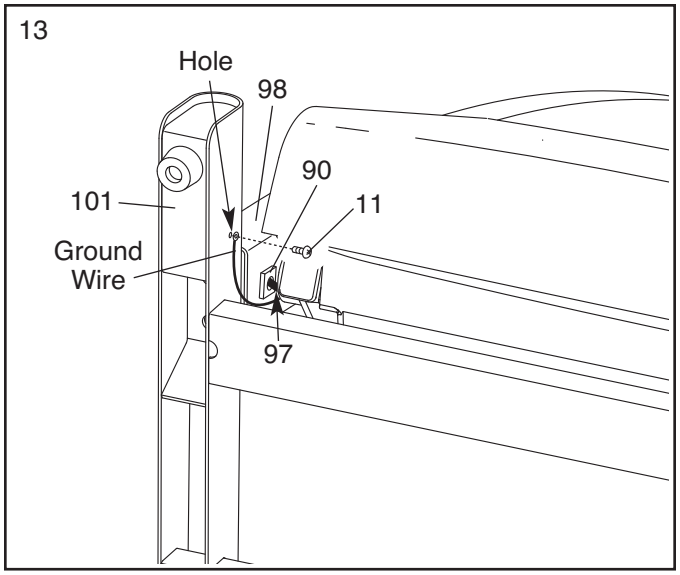
    See the inset drawing. Position the Uprights (96, 98) so that the Frame (67) is centered between the Uprights.

    Firmly tighten the M10 x 53mm Patch Bolts (18) and the M10 x 60mm Patch Bolt (15) on each side of the treadmill. **Do not overtighten the M10 x 60mm Patch Bolts.**



13. Attach the ground wire on the Upright Wire (97) to the indicated hole in the Base (101) with a #8 x 3/4" Ground Screw (11).

    Press the Grommet (90) into the Right Upright (98).

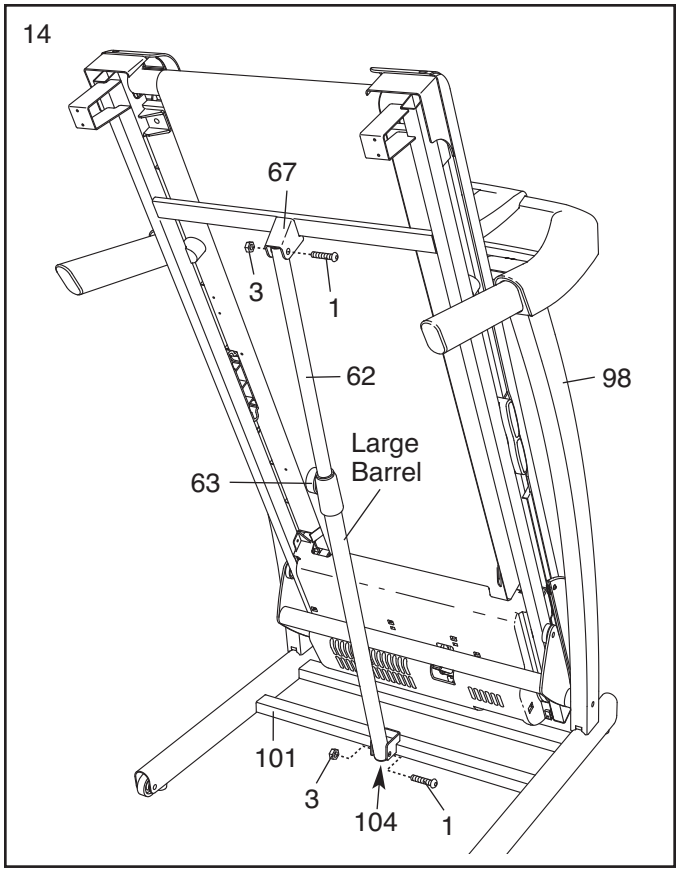


14. With the help of a second person, raise the Right Upright (98) and the Left Upright (not shown). Then, raise the Frame (67) to the position shown. **Have a second person hold the Frame until this step is completed.**

    Orient the Storage Latch (62) so that the large barrel and the Latch Knob (63) are in the positions shown.

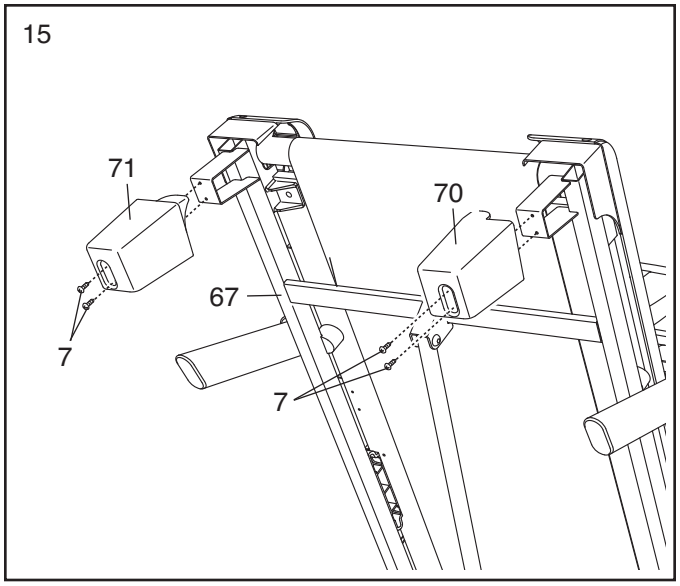
    Remove the tie from the upper end of the Storage Latch (62). Attach the upper end of the Storage Latch to the bracket on the Frame (67) with a 3/8" x 2" Bolt (1) and a 3/8" Jam Nut (3).

    Remove the tie from the lower end of the Storage Latch (62). Keep the holes in the Latch Cap (104) aligned with the holes in the Storage Latch. **Make sure to keep the Latch Cap inside the Storage Latch.** Attach the Storage Latch to the bracket on the Base (101) with a 3/8" x 2" Bolt (1) and a 3/8" Jam Nut (3). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.



15. Attach the Rear Feet (70, 71) to the Frame (67) with four #8 x 1" Screws (7).

    Lower the Frame (67) (see HOW TO LOWER THE TREADMILL FOR USE on page 21).



16. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see pages 23 and 24). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

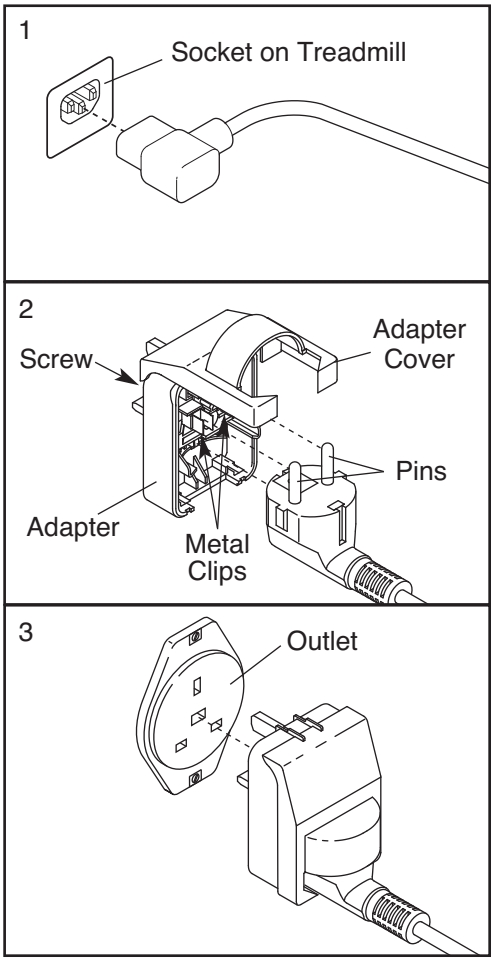
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.

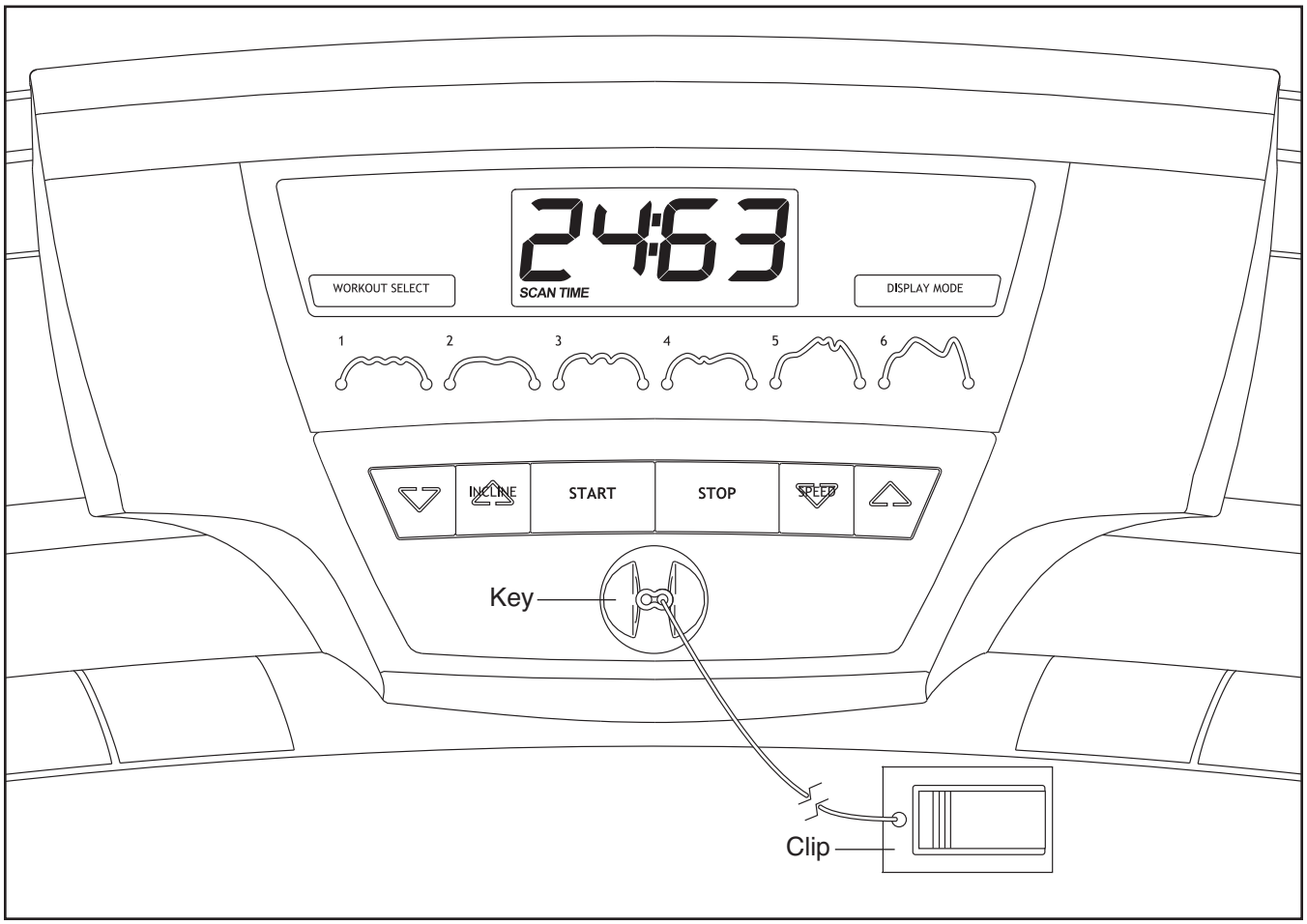
See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**



⚠DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also features six preset workouts. Each program controls the speed and incline of the treadmill as it guides you through an effective workout.

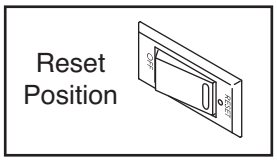
To turn on the power, see page 17. **To use the manual mode,** see page 17. **To use a preset workout,** see page 19.

IMPORTANT: If there are sheets of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 24).

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 15). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 16) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If a preset workout has been selected, press the Workout Select button repeatedly until only zeros appear in the display.

3. **Start the walking belt.**

   To start the walking belt, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 Km/H; if you hold down a button, the speed setting will change in increments of 0.5 Km/H.

   To stop the walking belt, press the Stop button. If the time is shown in the display, the time will begin to flash. To restart the walking belt, press the Start button or the Speed increase button.

4. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time you press a button, the incline setting will change by 0.5 percent; if you hold down a button, the incline setting will change quickly.

5. **Follow your progress with the displays.**

   The display features seven modes:

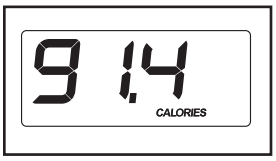
   - Speed—This mode displays the speed of the walking belt.
   - Time—This mode displays the elapsed time.
   - Distance—This mode displays the distance that you have walked or run.
   - Calories—This mode displays the approximate number of calories you have burned.

- Incline—This mode displays the incline of the treadmill whenever the incline changes.

- Pulse—This mode displays your heart rate whenever you use the handgrip pulse sensor.

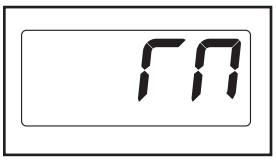
- Scan—This mode displays the speed, time, distance, calories, incline, and pulse modes, for a few seconds each, in a repeating cycle. Note: The incline mode will be displayed only when the incline changes and the pulse mode will be displayed only while the pulse sensor is being used.

Each time the key is inserted into the console, the Scan mode will be selected. The SCAN mode indicator will appear in the display, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, repeatedly press the Display Mode button to reselect the scan mode.



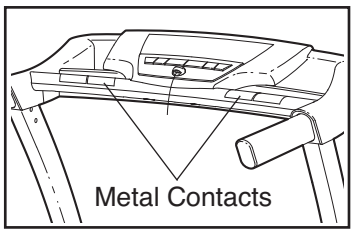
To select the Speed, Time, Distance, or Calories mode for continuous display, repeatedly press the Display Mode button. The mode indicators will show which mode is selected. Make sure that the SCAN mode indicator does not appear.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.



The console can display speed and distance in either kilometers or miles (Km/H or MPH will appear when the Speed mode is displayed). To change the unit of measurement, remove the key, hold down the Stop button while inserting the key into the console, and then release the Stop button. An “M” for metric kilometers or an “E” for English miles will appear in the display. Press the Speed increase button to change the unit of measurement. Then, remove the key and reinsert it.

6. **Measure your heart rate if desired.**



Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands**. When your pulse is detected, one or two dashes will appear and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

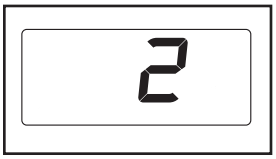
When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 17.

2. **Select a preset workout.**

   To select one of the six preset workouts, press the Workout Select button repeatedly until the number of the desired workout appears in the display. The letters “SPd” and the maximum speed setting of the workout will then flash in the display. The profiles below the display show how the speed of the walking belt will change during the workouts.

3. **Press the Start button or the Speed increase button to start the workout.**

   A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Each workout is divided into 30 one-minute segments. One speed setting is programmed for each segment. The same speed and incline settings may be programmed for consecutive segments.

   At the end of each segment of the workout, a series of tones will sound. If a different speed or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you. When the next segment begins, the speed or incline of the walking belt will automatically adjust to the speed or incline setting for the next segment.

   The workout will continue in this way until the last segment of the workout ends. The walking belt will then slow to a stop.

   If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline setting for the next segment.**

   To stop the workout temporarily, press the Stop button. If the time is shown in the display, the time will begin to flash. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed setting for the next segment.

4. **Follow your progress with the displays.**

   See step 5 on pages 17 and 18.

5. **Measure your heart rate if desired.**

   See step 6 on page 18.

6. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 18.

HOW TO FOLD AND MOVE THE TREADMILL

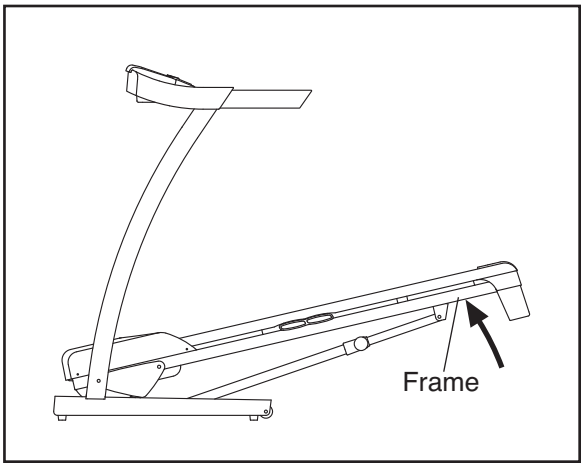
HOW TO FOLD THE TREADMILL FOR STORAGE

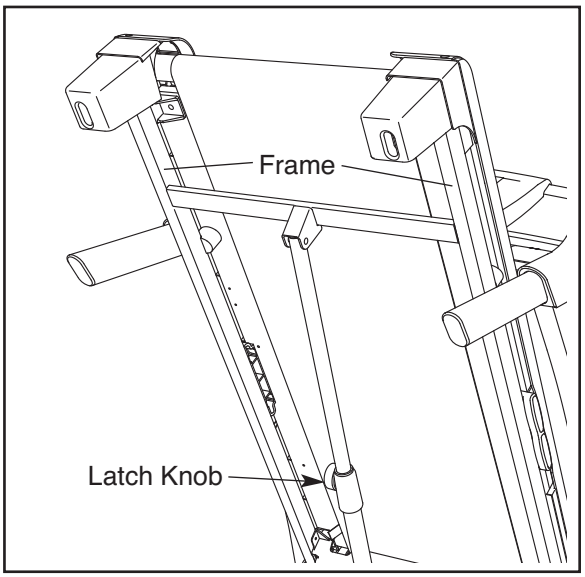
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.

2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).





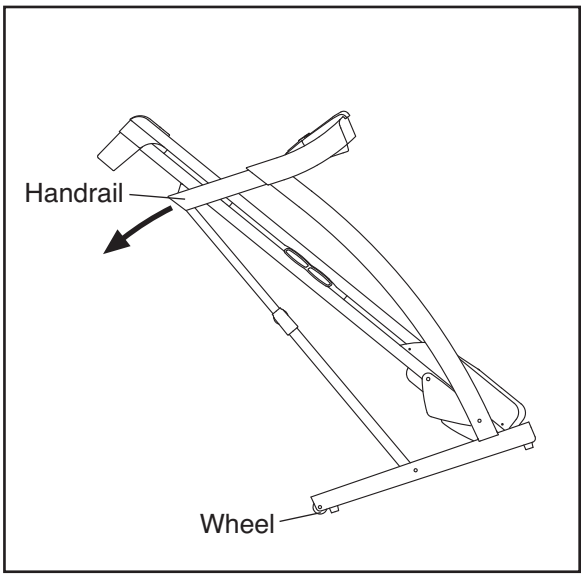
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold one handrail and place one foot against one of the wheels.

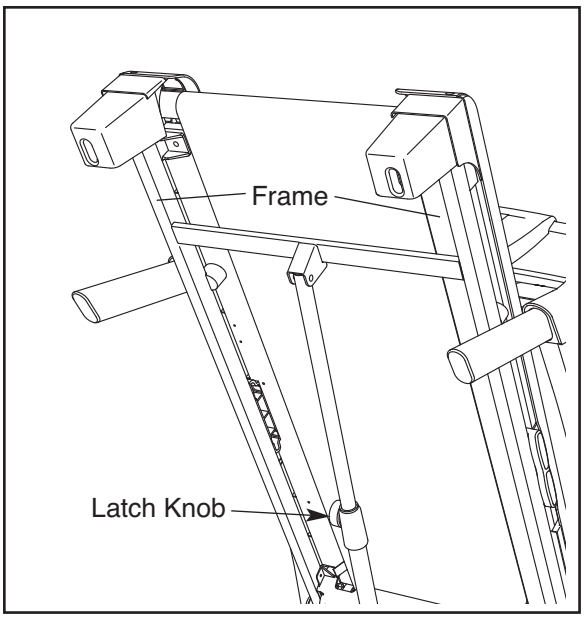
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place a foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

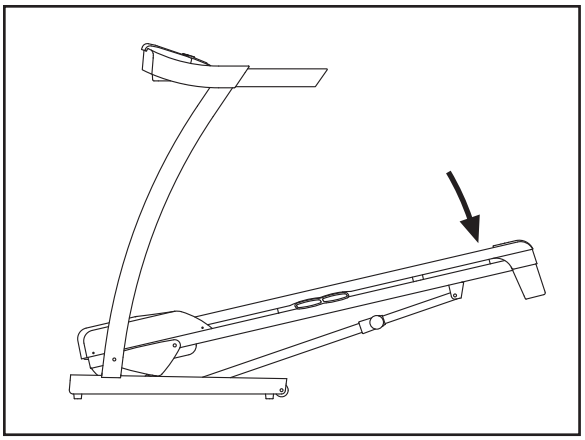


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.



2. **Hold the metal frame firmly with both hands and lower it to the floor. CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**



TROUBLESHOOTING

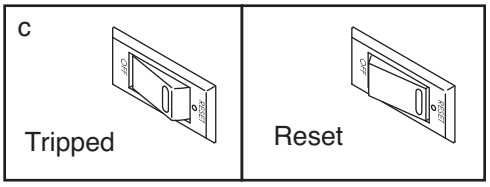
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 15.) If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m). **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

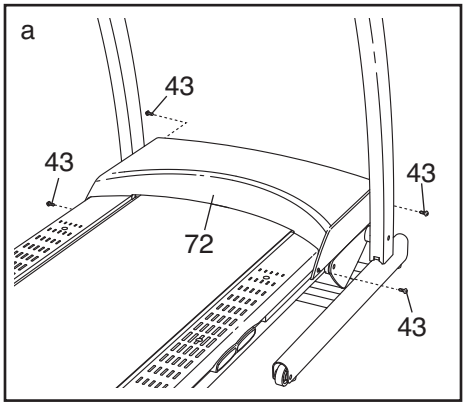
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

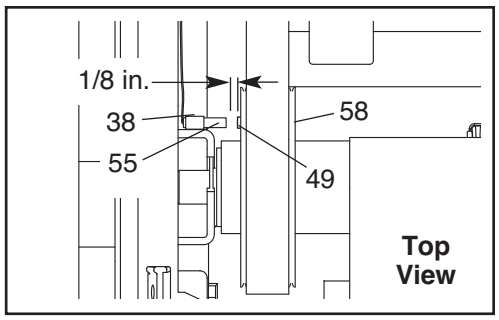
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the four M10 Screws (43) and carefully remove the Motor Hood (72).



Locate the Reed Switch (55) and the Magnet (49) on the left side of the Pulley (58). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 13mm Screw (38), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



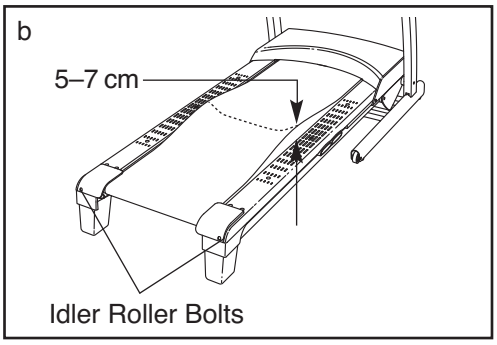
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

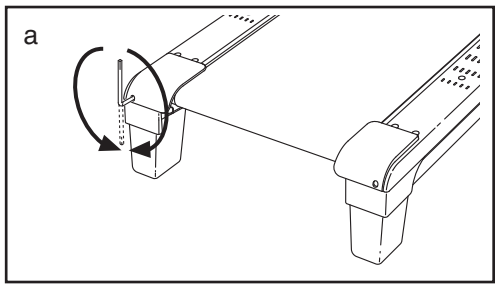
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



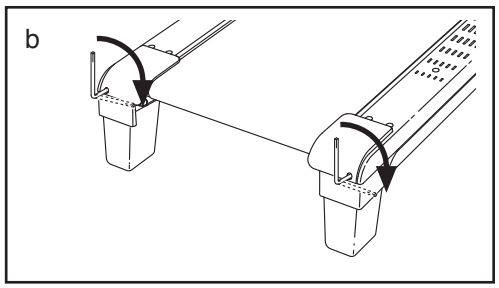
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

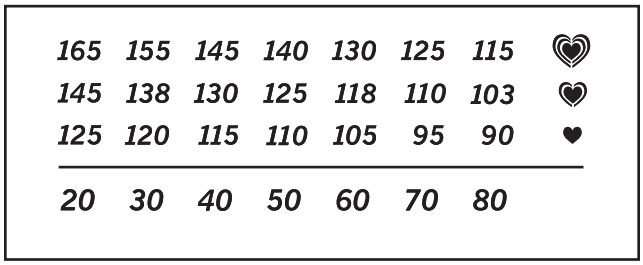
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. WETL40708.0

R0808A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

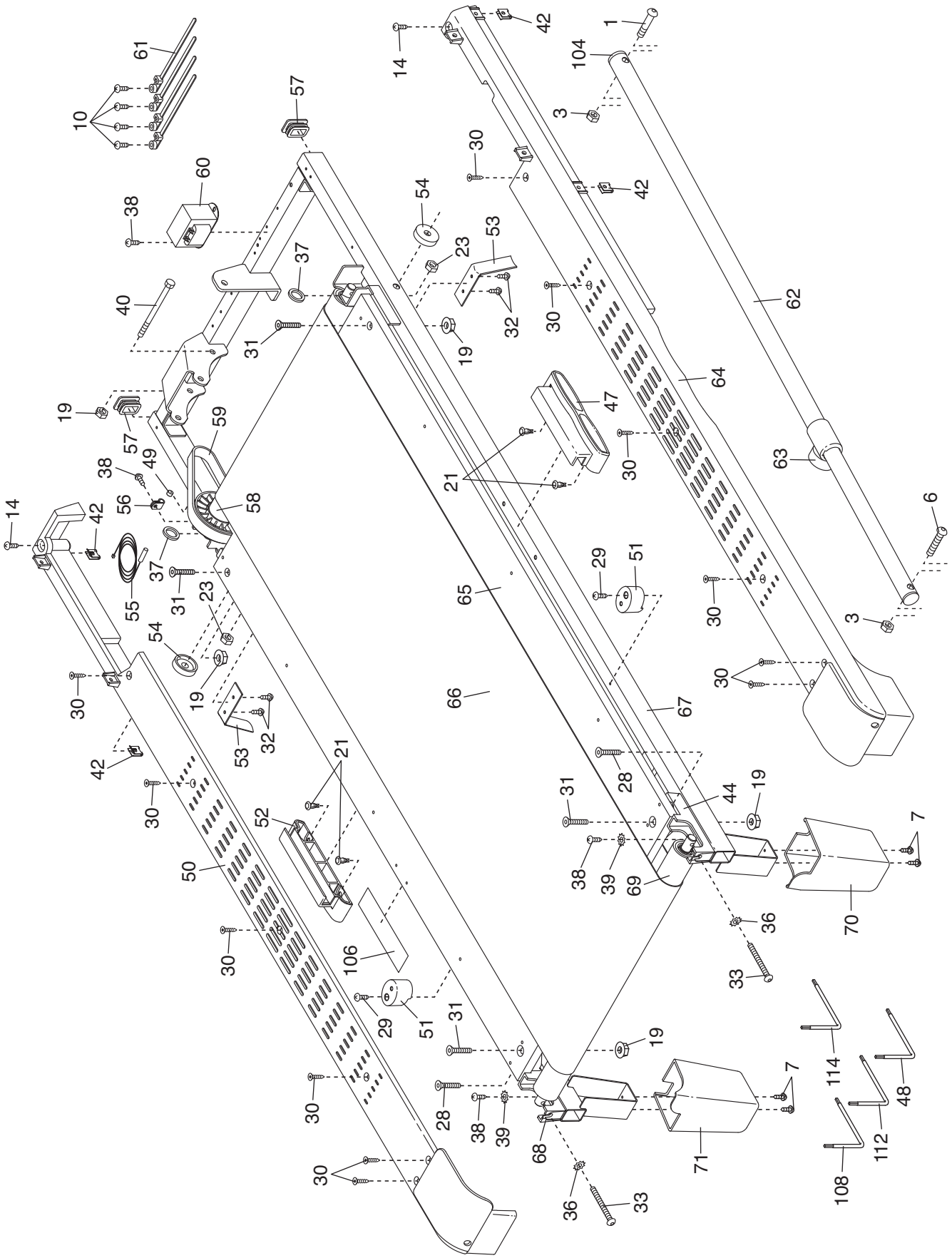
Key No.	Qty.	Description
1	2	3/8" x 2" Bolt
2	6	5/16" Star Washer
3	3	3/8" Jam Nut
4	2	M10 Washer
5	2	M10 Jam Nut
6	1	M4 Ground Bolt
7	4	#8 x 1" Screw
8	6	M10 Star Washer
9	2	M10 x 47mm Bolt
10	15	M4.2 x 19mm Screw
11	1	#8 x 3/4" Ground Screw
12	2	M5 Star Washer
13	2	M5 x 16mm Screw
14	10	M4.2 x 19mm Foot Screw
15	2	M10 x 60mm Patch Bolt
16	4	M10 Flat Washer
17	6	M8 x 16mm Bolt
18	4	M10 x 53mm Patch Bolt
19	5	M8 Locknut
20	1	3/8" Locknut
21	4	Plastic Fastener
22	2	M8 Flange Nut
23	2	M10 Locknut
24	2	M10 x 58mm Bolt
25	1	3/8" x 1 3/4" Hex Head Bolt
26	1	3/8" x 1 1/4" Bolt
27	2	Motor Bolt
28	2	M8 x 35mm Bolt
29	2	M4 x 13mm Tek Screw
30	12	M5 x 25 mm Screw
31	4	M8 x 30mm Bolt
32	4	M4.2 x 13mm Screw
33	2	M6 x 70mm Bolt
34	2	M8 x 20mm Bolt
35	2	M8.4 Star Washer
36	2	M6 Star Washer
37	2	Roller Washer
38	8	M4.2 x 13mm Screw
39	4	M4.2 Star Washer
40	1	M8 x 98mm Bolt
41	6	M8 Cage Nut
42	4	U-nut
43	4	#10 Screw
44	1	Right Idler Roller Bracket
45	1	M4.2 x 10mm Ground Screw
46	4	M4.2 x 10mm Screw
47	1	Right Platform Cushion
48	1	5 mm Hex Key
49	1	Magnet
50	1	Left Foot Rail
51	2	Rear Cushion
52	1	Left Platform Cushion
53	2	Belt Guide
54	2	Frame Spacer
55	1	Reed Switch
56	1	Reed Switch Clamp
57	2	Frame Cap
58	1	Drive Roller/Pulley
59	1	Drive Belt
60	1	Filter
61	4	Wire Tie
62	1	Storage Latch
63	1	Latch Knob
64	1	Right Foot Rail
65	1	Walking Platform
66	1	Walking Belt
67	1	Frame
68	1	Left Idler Roller Bracket
69	1	Idler Roller
70	1	Right Rear Foot
71	1	Left Rear Foot
72	1	Motor Hood
73	1	Incline Motor Wire
74	1	Incline Motor
75	1	Lift Frame
76	1	Controller
77	1	Electronics Plate
78	1	Transformer
79	1	Ground Wire w/Decal
80	1	Motor Spacer
81	1	Drive Motor
82	2	Motor Isolator
83	1	Motor Bracket
84	1	Power Cord Adapter
85	1	Power Cord
86	1	Belly Pan
87	1	Controller Ground Wire
88	1	Receptacle
89	1	Reset/Off Circuit Breaker
90	2	Grommet
91	2	Handrail Cap
92	1	Left Handrail
93	1	Left Handrail Cover
94	1	Right Handrail
95	1	Right Handrail Cover
96	1	Left Upright
97	1	Upright Wire
98	1	Right Upright
99	2	Upright Spacer
100	4	Base Foot

Key No.	Qty.	Description
101	1	Base
102	4	Wheel Spacer
103	2	Wheel
104	1	Latch Cap
105	16	8" Wire Tie
106	1	Latch Warning Decal
107	2	Caution Decal
108	1	4 mm Hex Key
109	1	Console
110	1	Console Crossbar
111	1	Key/Clip
112	1	6 mm Hex Key
113	1	M4 Nut
114	1	7/32" Hex Key
*	–	8" Green Wire, F/R
*	–	8" Black Wire, M/F
*	–	10" Red Wire, M/F
*	–	8" White Wire, 2F
*	–	12" White Wire, 2F
*	–	6" Blue Wire, 2F
*	–	8" Blue Wire, 2F
*	–	14" Blue Wire, M/F
*	–	4" Black Wire, 2F
*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

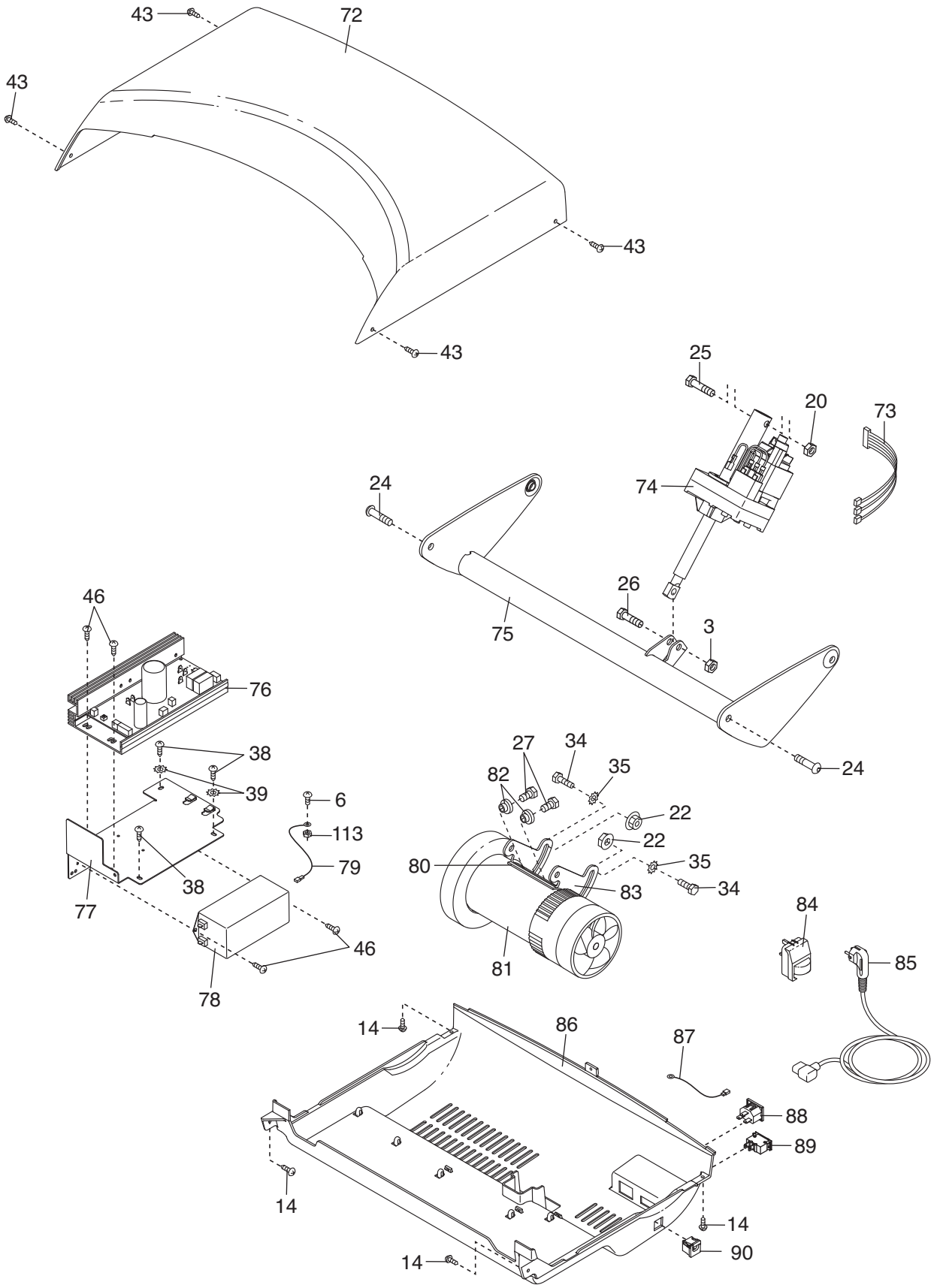
EXPLODED DRAWING A—Model No. WETL40708.0

R0808A



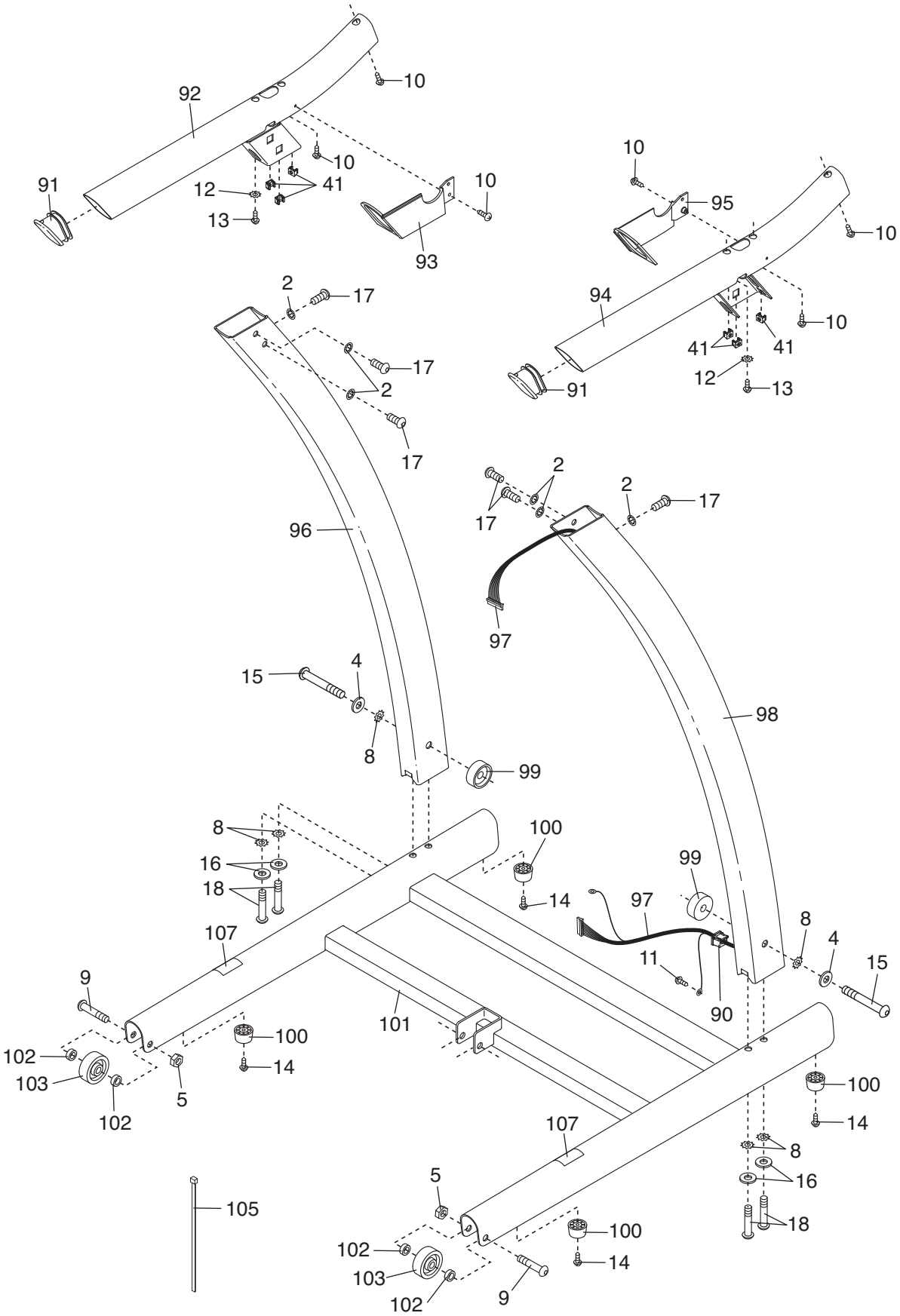
EXPLODED DRAWING B—Model No. WETL40708.0

R0808A



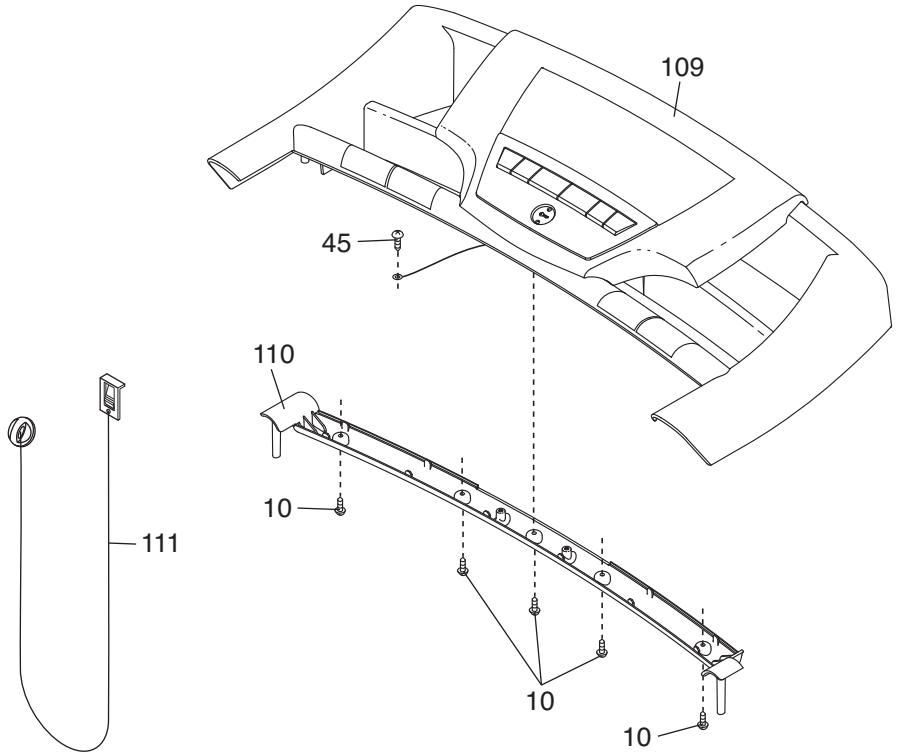
EXPLODED DRAWING C—Model No. WETL40708.0

R0808A



EXPLODED DRAWING D—Model No. WETL40708.0

R0808A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

Part No. 265906 R0808A

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